

James J. Peters VA Medical Center
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The following is a list of remote wellness resources compiled by the Office of Patient Centered Care to help support Veteran health and well-being in the home.

<u>Moving the Body Resources:</u> This link includes an introduction to moving the body, specific handouts, and video resources produced by OPCC&CT.
Additional Yoga Experiential Resources*
<ul style="list-style-type: none"> • Veterans Yoga Project - Mindful Resilience-Home Practice Library is a collection of mind-body practices to be used to further develop practices related to Breath, Meditation, Mindful Movement, Guided Rest, and Gratitude. These tools help us breathe easy, focus clearly, move freely, rest deeply, and remember what is working in our lives. As a result we become more resilient in the face of both ordinary and extraordinary challenges. In this library you will find downloadable audio files of each of the five tools of Mindful Resilience Training. We invite you to explore various practices all led by Veterans Yoga Project Ambassadors and Teachers. (Modality: Video Library)
<ul style="list-style-type: none"> • Kula For Karma The Yoga for Veterans Video Series is a 6-part guided yoga and meditation practice, designed specifically for Veterans. These 30-minute videos guide viewers through asana, adaptive yoga, restorative practice, easy flow, power yoga level I & II and meditation. (Modality: YouTube Channel)
<ul style="list-style-type: none"> • Yoga Journal - Yoga Journal offers a unique offering of free online yoga videos. These videos offer sequencing, tips and tutorials for beginners and advanced participants. (Modality: Video Library)
<ul style="list-style-type: none"> • Warriors at Ease- Explore meditation, breathing techniques, iRest Yoga Nidra and more yoga. This resources offers a guided iRest Yoga Nidra session, experiential breathing techniques, and yoga demonstrations. (Modality: YouTube Breathing Techniques Videos)
<ul style="list-style-type: none"> • Mindful Yoga Therapy- Yoga Nidra Resource. Free downloads, includes a series of short breathing practices that are part of the Mindful Yoga Therapy Program and a Deep Relaxation. (Modality: Video Library)
<ul style="list-style-type: none"> • Comeback Yoga - Free yoga classes to help military personnel, their families and supporters develop resiliency in response to their experience. (Modality: Video Library)
Additional Tai Chi Experiential Resources*
<ul style="list-style-type: none"> • 7 Minute Chi - 7 Minute Chi allows you to move and meditate at the same time with simple moves from Tai Chi and Qi Gong. You will learn to decompress and energize with moving meditation. The exercises are simple moves performed by Master Li. (Modality: Mobile App)
<ul style="list-style-type: none"> • Tai Chi Fundamentals: Standing - Tai Chi Fundamentals is a YouTube Experiential and Informative Video that shares the basic moves involved in Tai Chi. The Basic Moves train posture, balance and coordination. (Modality: YouTube Channel)
<ul style="list-style-type: none"> • Tai Chi Fundamentals: Adaptive with Walking/Walker Aid - Tai Chi Fundamentals is a YouTube Experiential and Informative Video that shares the basic moves involved in Tai Chi. The Basic Moves train posture, balance and coordination for a participant who uses a medical walker or walking aid. (Modality: YouTube Channel)
<ul style="list-style-type: none"> • Tai Chi with Tricia Yu - Tai Chi with Tricia Yu offers a YouTube Channel consisting of multiple videos and demonstrations for an overall Tai Chi experience. (Modality: YouTube Channel)
<u>Power of the Mind Resources:</u> This link includes an introduction to Power of the Mind, specific handouts, and video resources produced by OPCC&CT.
Additional Biofeedback Experiential Resources*
<ul style="list-style-type: none"> • HeartMath - The three-hour H.E.A.R.T. online program, free for veterans, military personnel and their families is presented by professional trainers (both veterans) who provide comprehensive instruction in HeartMath's research-based self-regulation techniques and technology. Learn to manage emotions, build resilience and improve performance, mental focus and decision-making. The tools taught in H.E.A.R.T. have proven to be effective in helping individuals manage many challenges of transition as well as issues such as poor sleep and hyper-arousal. Veterans tell how HeartMath helped them. (Modality: Online Training Program)
<ul style="list-style-type: none"> • EliteHRV - HRV is the best non-invasive measure of the Autonomic Nervous System, the main controller of health and performance functions. HRV is a direct link to your Autonomic Nervous System (ANS) and can therefore be used to gain insights into your nervous system, stress and recovery activity. (Modality: Mobile App)

**The resources listed are shared but not endorsed by VA.*

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Mindful Awareness Resources: This link includes an introduction to mindful awareness, specific handouts, and video resources produced by OPCC&CT.

Additional Mindful Awareness Experiential Resources*

- [Health Journeys Guided Imagery Audio Library](#) - Guided imagery and meditation have been shown to reduce stress, improve sleep, reduce pain, generate confidence, enhance focus and, maybe best of all, clear the way for finding your own deep inner peace. The page streams a variety of brief, effective meditations by leading practitioners in the mind-body field. Find your favorites, listen regularly, and enjoy the benefits. Invite your family to use the page, too. It's available 24/7 and it's free. (Modality: Audio Library)
- [Meditation Oasis Podcasts](#) The Meditation Oasis® Podcast features guided meditations, instructions for meditation, and music for meditation. You can listen to it at iTunes or Google Play or by clicking on the play buttons below. Episodes are listed from the oldest to the most recent. Tap on the green button to view recent podcasts. (Modality: Podcasts)
- [Chris Germer Meditations](#)- Chris Germer is a clinical psychologist, meditation practitioner, author, and teacher of mindfulness and compassion in psychotherapy and everyday life. Co-developer of the Mindful Self-Compassion training program. Feel free to download the following meditations for your personal use. They are intended to guide you through the first phase of mindful self-compassion training. The meditations are primarily instructional in nature and briefer than most meditation sessions. (Modality: Audio Library)
- [Military Meditation Coach App/Podcast](#) - Learn and practice meditation techniques for the military and veteran community during this mindfulness podcast hosted experts in the Military Health System, the Defense Health Agency, and the Naval Center for Combat & Operational Stress Control. (Modality: Mobile App and Podcast)